

Pre Course Info Pack

Some potential archers may have a worry over the dangers of our sport, have no fear. The hazards are well recognised and our safety procedures minimise them to such an extent that we can happily say that archery is a safe sport.

Everyone attending an archery course will need to be capable of pulling a bow string – don't worry our bows are very light weight (especially the children's ones).

In general your stature will dictate the bow strength and we select a bow to match your own unique requirements.

We will progress you through 6 lessons in accordance with the recommendations of our governing body GNAS (look it up on the web), these lessons do not need to be consecutive weeks (we all take breaks and holidays). After this, the coach will issue a certificate (if he thinks you are accomplished enough) allowing you to become a member of any GNAS associated club in the UK (assuming they wish to accept you), this would include Coastal Archers of course.

Our club has a qualified coach (at last) with several years of experience in archery.

Lessons will take place on Saturday afternoons (set up 12:30, lessons to start 12:45pm and finish 14:00 (ish) - just in time for coffee one hopes), all equipment will be supplied. We ask that you wear flat footwear without open toes and non-baggy clothing, both of these requests are purely for safety – which you will hear a lot about as your 6 lessons progress.

What will you learn?

We teach "Recurve target archery", that is to say the bows you will be using are curved at the ends for greater performance and they are shot at round targets (coloured concentric circles).

You will be given a basic shooting form that may be adapted to any type of bow later on. We ensure you are positioning yourself in the most mechanically advantageous way (and use the least amount of effort when shooting).

We will perform some basic warm-up exercises to avoid any joint/muscle damage; your physical make-up will dictate its own limitations.

We will instruct on all safety procedures to avoid you hurting yourself or others.

We will show you how to shoot, which is what you wanted to do in the first place.

We will have other types of bow (longbow, compound) for you to look at (and perhaps try out) during these first 6 lessons.

We will not be able to turn you into "Robin Hood" or "Legolas" within 6 weeks unfortunately.